

First Look

Power outage

The 65th Civil Engineer Squadron will be conducting switchgear testing today through Monday. People should expect short power outages between 8 a.m. and midnight on those days.

Commissary closed

The commissary will be closed Saturday and until noon Monday due to anticipated power outages and Martin Luther King Jr. Day.

Dining facility closed

Due to dining facility renovations, military meal card holders will begin receiving basic allowance for subsistence Saturday and must pay cash for their meals if they eat at the dining facility, before it closes Jan. 31.

Circus in Angra

Circus Montecarlo will perform in Angra Friday-Monday. The circus features several artists, clowns and animals including an American bison. The circus will perform at 9:30 p.m. Friday and Monday; and 4:30 and 9:30 p.m. Saturday and Sunday. The circus is located in the parking lot next to the bullring in Angra. For more information, including cost of tickets, call 962-321-134 or 968-204-662.

Flea market

The next flea market is from 11 a.m.-1 p.m. Saturday at the Lajes Youth Center, Bldg. T-240. For more information, call 2-4135.

Preflight

- Days since last DUI... 54
- DUIs since Jan. 1 0
- Current AEF 3 & 4
- Current FPCON Alpha
- Combat Nighthawk: 1st Lt. Clifford Scruggs, 65th Operations Support Squadron; Master Sgt. William Rumbaugh, 65th civil Engineer Squadron; Tech. Sgt. Luis Lopez, 65th Logistics Readiness Squadron

Airman shows wingman spirit

**By Col. Barbara Jacobi
65th Air Base Wing
commander**

Fighter pilots love a good wingman because they know that Airman's "got their back."

That knowledge comes after the trust and loyalty warfighters expect from each other are confirmed by courageous acts in each others' behalf when challenging circumstances present themselves.

Senior Airman Kurt Lugar, military working dog handler at Lajes, earned a fighter pilot's respect and a Combat Wingman coin when a challenging circumstance occurred during U.S. Forces in Europe Commander Gen. Robert H. Foglesong's visit here Jan 1-3.

The general was on his daily run and wasn't feeling well. In fact, he was feeling so bad he couldn't finish his run – which was significant, as the general is a dedicated runner. So, General Foglesong waved down a passing security forces patrol car for a lift back to his room.

Airman Lugar was on patrol that day and when General Foglesong told him he wasn't feeling well, took the initiative to make sure the general was all right. During the drive to the general's room, Airman Lugar asked the General if he needed more help than just a ride, and let him know they could find some additional assistance if needed.

General Foglesong told Airman Lugar he would be OK, but Airman Lugar's response was exactly what he wanted to hear.

Airman Lugar's actions showed the general he was willing to help out someone in need, but what he did next showed that he "gets" what Combat Wingman is all about.



Senior Airman Kurt Lugar, a military working dog handler here, shows his wife, Janelle, a coin he received from U.S. Forces in Europe Commander Gen. Robert H. Foglesong's during his visit here Jan 1-3. (Photo by Staff Sgt. Olenda Kleffner)

Later that day, after General Foglesong reenlisted some of Lajes' troops, Airman Lugar was waiting for him outside the operation support squadron building with a Combat Wingman card. Airman Lugar presented the general with the card and told him that if he ever needed anything, the card had all his contact information and the general could call him.

General Foglesong was so impressed; he presented Airman Lugar with a USAFE Combat Wingman coin.

As the "pilots" of our own lives, we'll all have times when we feel we've been engaged by a formidable enemy that we can't shake, times when poor judgment might put us in a dangerous situation, or when we just need a little help.

That's when your

wingman needs to be there to back you up and give you that extra bit of support to help you out.

A good wingman earns an Airman's trust by developing a friendship and demonstrating genuine concern for their well-being at all times.

Once that relationship is established, Airmen can count on their

wingmen to support them when they need it most.

As Combat Wingmen we must be involved in our friends' lives and remain ever vigilant so we'll be ready to act courageously when our fellow Airmen need us.

I'm proud of Airman Lugar, and I know Team Lajes has "got my back" on the Combat Wingman program.





USAFE

Airman Information File

January 2005

Setting Goals — Moving in the Right Direction!

A new year filled with opportunities and challenges is before us once again. It's important to know where we're heading, and how we'll get there, as we start on the journey that will take us through 2005 — that is the purpose of goals.

Goals may be national, organizational, or personal. Their purpose, at all levels, is the same — they give us a target to shoot for! If we don't set goals, we don't know what we're aiming for and have no idea if or when we hit the target.

Here are just a few of our goals in USAFE for 2005:

- * Facilitate OEF/OIF support through the correct positioning/utilization of USAFE assets

- * Continue to expand our USAFE Co-operation Team Concept to exploit every opportunity to support the GWOT through security cooperation

- * Execute Weapons Training Deployments to locations that support AFE 2020

- * Finalize the structure, organization, & roles/responsibilities of our Warfighting Headquarters

- * Implement a two year Dormitory Project to identify and support those high payoff / low cost projects in our dorms to improve the quality of living for our dorm residents

- * Continue to mature USAFE University to identify/correct gaps and redundancy in our training and education

- * Achieve IOC on the Combat Support Center of Excellence, the Joint Fires Center of Excellence and an Air-to-Air Center of Excellence, & introduce NATO/EUCOM members

We would never leave on a long family vacation without a destination or purpose in mind. This could lead quickly to wasted time, frustration and disappointment instead of enjoyment. We do a similar thing when we fail to set personal goals for our future. As we begin the new year, take

time to establish personal goals. Ask yourself what you want to accomplish this year. It could be a physical goal like improving on your fitness test, or a mental goal like starting or completing an advanced academic degree program, or maybe a professional goal such as acing a promotion exam. Whatever you choose — begin your journey with a destination in mind!

Don't lose focus on your goals after you create them. It's easy to establish goals and then quickly forget them as we react to the fires of the day. Always keep your goals in mind. If the goal is long-term, establish shorter goals that will help you measure your progress as you stay on target.

Don't give up! Some goals will be easy while others may take a long time to achieve. We may become discouraged along the way and experience setbacks in our plans, but keep pressing ahead — the rewards are worth it!

General Doc Foglesong

CMSgt Gary Coleman

Focus notes

Combat Touch

Catholic and Protestant women of the Chapel Potluck is at 6 p.m. Thursday.

Single and unaccompanied member's dinner, hosted by the 65th Mission Support Squadron, is at 5:30 p.m. Jan. 27.

Children and youth movie night is at 7 p.m. Jan. 28. For more information about these events, call Chaplain (Capt.) David Knight at 2-4211.

Men's Spiritual Leadership Training/Breakfast is at 8 a.m. Saturday.

Protestant RE children New Year party is at 3 p.m. Saturday.

First Reconciliation is at 3 p.m. Jan. 29. For more information about these events, call Chaplain (Capt.) Matthew Glaros at 2-4211.

CHEER events

SUM tour: A single and unaccompanied member's

tour to visit the southeast side of Terceira is at 9:30 a.m. Monday. Meet at the family support center for the tour. For more information and to sign up, call the FSC at 2-4138.

Reading contest

Winter storms causing the blues? Visit the base library and sign up for the winter reading contest which runs through Jan. 31. Prizes will be awarded to the person who reads the most books in each

of three categories: children up to 11 years old, teens 12-18 years old and adults over 18 years old. For more information, call the library at 2-3688.

Hut doors open

The Sun & Sand Hut is open to all enlisted single and unaccompanied members from 6 p.m.-2 a.m. Friday and Saturday, 1-9 p.m. Sunday and 4-9 p.m. Monday.



Joint construction effort

New main gate area means better force protection

**By Staff Sgt.
Olenda Kleffner
Crossroads editor**

Traffic through the front gate was redirected as of Jan. 3, due to a first-ever joint construction effort between Air Base 4 and the U.S. Air Force to begin demolition and construction of a new guard shack and visitor control center.

The host nation support agreement states that the 65th Air Base Wing is responsible for infrastructure items and Air Base 4 is responsible for the gate house, visitor control center and demolition of the existing pass and ID facility, said Capt. Eric Rollman, 65th Civil Engineer Squadron design chief.

The main reason for the consolidated project is to improve the appearance of and to increase the force protection and entry control at the main gate Captain Rollman said.

"In addition, we are improving the parking and traffic flow for visitors, while meeting force protection concerns, by keeping those without passes off base until cleared by AB4," he said.

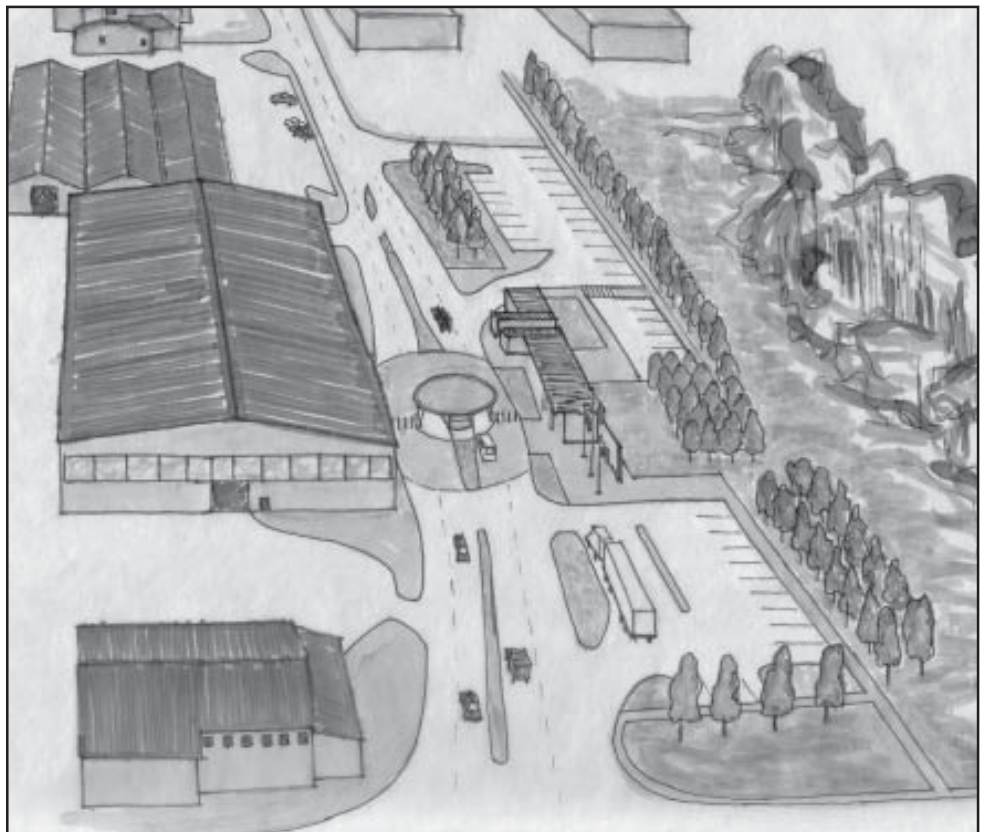
The construction will take approximately four months before paving begins by the USAF to create the new vehicle inspection area and support the new facilities, the captain said.

Another addition to the front gate will be an electronic sign to welcome all visitors to Air Base 4 and Lajes Field.

The front gate project should be completed in July.



(Left) Traffic through the main gate has been redirected while contractors work on a new gate house and visitor control center. (Below) The graphic shows the plan of how the front gate should look when the project is completed. The main reason for the consolidated project is to increase the force protection and entry control at the main gate.



CROSSROADS

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Upgrade to improve care

By Capt. Yvonne Levardi
Chief, public affairs

A March upgrade to the 65th Medical Group's appointment line will allow the system to handle more than one caller at a time, place callers in a waiting queue and give callers a menu selection for additional medical services.

Currently, the central appointment desk, open from 7:30 a.m.-4:30 p.m. during normal work days, can only handle one call at a time.

"The upgrade is an important improvement," said Capt. David Brazeau, 65th MDG physical therapist. "It can get frustrating to hear a busy signal when you're trying to get an appointment at the clinic."

Called Telephony Modernization, the upgrade is a \$600,000 project funded by USAFE that affects the entire 65th MDG phone system – to include the appointment line. New features include voice mail, visible call waiting notification, call transfer and automatic call distribution capability.

The system comes not long after the medical group's move to the new "Open Access to Care" program for making appointments.

"These work together to help with patient ease of making appointments," Captain Brazeau said. "Open Access to Care is designed to leave 70 percent of the day's appointments open for same-day scheduling so it's important our appointment line be able to handle

more than one call at a time."

Until the upgrade is complete, however, 65th MDG staff asks people to remain patient and keep these important points in mind when calling for an appointment:

- Same-day appointments can be made with primary care managers. The earlier one calls, the more likely an appointment will be available. If the PCM requires it, a follow-up appointment may be made.

- "Until we get the new system, be patient if you get a busy signal and try to call again," Captain Brazeau said. "Once you reach the appointment clerk, try and keep the conversation short so other patients who may be calling can get through."

- If a medical appointment can't be made for that day, a message will be left with the duty nurse. The nurse will triage each message and call the patient to determine if the patient needs an appointment that day.

- If medical needs don't require a same-day appointment, people can call for advance appointments.

- People can also visit www.tricareonline.com to schedule appointments with their PCM.

- The family practice clinic is open from 9 a.m.-5 p.m. Mon.-Fri., but closed from 9 a.m.-1 p.m. every 2nd Wednesday of the month.

- The dental clinic has a separate appointment desk. Its hours are 7:30 a.m.-4:30 p.m. and the number is 295-57-3139.

Leading the way



Col. Danny Leonard, 65th Air Base Wing vice commander, runs with the commanders and first sergeants as they lead the way during their physical training test at the AEF ramp Jan. 5. Colonel Leonard finished the run in 12 minutes and 45 seconds. (Photos by Staff Sgt. Michelle Michaud)



Fourteen A-10's from the 75th Fighter Squadron at Pope Air Force Base, N.C. arrived at Lajes Saturday and Sunday en route to Sigonella, Italy. (Courtesy photo)

Assignment Listing Available

The Enlisted Quarterly Assignment Listing for Airmen returning from overseas and those listed as "mandatory movers" within the continental United States from May through July will be available Jan. 11. Individuals need to work through their military personnel flights or their commander's support staff to update their preferences by Jan. 25. Deployed Airmen must work with their personnel representative to update assignment preferences. Airmen will be notified of their selection by mid-February, Air Force Personnel Center officials said. EQUAL advertises upcoming assignment requirements by Air Force specialty and rank. People should review, prioritize and update their assignment preferences based on the list, officials said.

People can view the lists online at <http://afas.afpc.randolph.af.mil/amsweb/master.cfm> or at their local MPF.

Housing, meal allowances increase this month

Airmen will see an increase in their basic allowance for housing, designed to reduce or eliminate their out-of-pocket housing costs, with their first January paychecks. The meal allowance for Airmen is also set to increase.

On average, the housing allowance will increase by 8 percent in 2005, to cover a 4.5 percent increase in housing costs nationwide. An E-8 with dependents will receive about \$60 more in his/her paycheck; E-4 with dependents will have about \$47 more. Again, officials said that's an average increase and doesn't necessarily reflect what every individual Airman may see.

An important part of the untaxed benefit is that it provides individual rate protection to all servicemembers, officials said. No matter what happens to housing costs, an individual member will not see a rate decrease. This protects servicemembers who have long-term leases or contracts if housing costs in their areas decrease. For more information, see http://www.military.com/NewsContent/0,13319,usa2_010705.00.html

For 2005 BAH rates, go to <http://www.military.com/Resources/ResourcesContent/1,13964,30825,00.html>

For 2005 BAS rates, go to <http://www.military.com/Resources/ResourcesContent/0,13964,30695,00.html>

Overseas servicemembers have education options

Servicemembers who are stationed overseas have the opportunity to continue pursuing their educational goals online. Many schools are offering servicemembers the opportunity to use their GI bill and Tuition Assistance to pursue their undergraduate or graduate degree from anywhere in the

world through military-friendly degree programs. Degree programs include business management, information technology, education, and masters of business administration among others. To request free information about education opportunities, go to:

<http://web50.military.com/cgi-bin/outlog.cgi?url=http://www.military.com/Education/Lead1&ESRC=miltrep.nl>

Scholarships for military children deadline

The deadline to apply for \$1,500 scholarships from the "Scholarships for Military Children" program is Feb. 16, and all applications must be delivered to a Defense Commissary Agency store by the close of business that day. At least one scholarship will be awarded at every commissary location with qualified applicants, agency officials said. The application can be downloaded through a link on the Defense Commissary Agency's Web site, or from the Scholarships for Military Children site, and can be filled out by hand or on the computer. Copies of the application also are available at commissaries worldwide. The scholarship program is open to unmarried children under 21 (23 if enrolled in school) of active duty personnel, including Coast Guard, Guard and Reserve, and retired military. For more information, see http://www.military.com/NewsContent/0,13319,dod1_010705.00.html

To search over 1,000 other scholarships, go to <http://www.military.com/Education/ScholarShip/newsearch>

Servicemembers sought for documentary

The DoD's Joint Advertising, Market Research & Studies office is looking for servicemembers with different military jobs to participate in a made-for-TV documentary being shot this summer. The documentary will highlight military jobs that the public may not be aware of, and illustrate how service members found their job. To nominate yourself or someone you know, you must complete an online questionnaire by Jan. 15. The questionnaire can be found at <http://web50.military.com/cgi-bin/outlog.cgi?url=http%3A//mullen.edit.neptuneweb.com/bm/click.php%3F%3D486%26e%3D4743&code=miltrep.nl>

2005 COLA Calculator

As a requirement of military service, you are required to move about the country — often involuntarily. During your career, you are likely to be assigned to a variety of low-, moderate- and high-cost locations. Although private sector pay scales tend to reflect local living costs in U.S. locations, military pay tables do not. To make up for this imbalance, you are eligible to receive a cost-of-living allowance (COLA) if you are stationed in certain "high-cost" locations in the

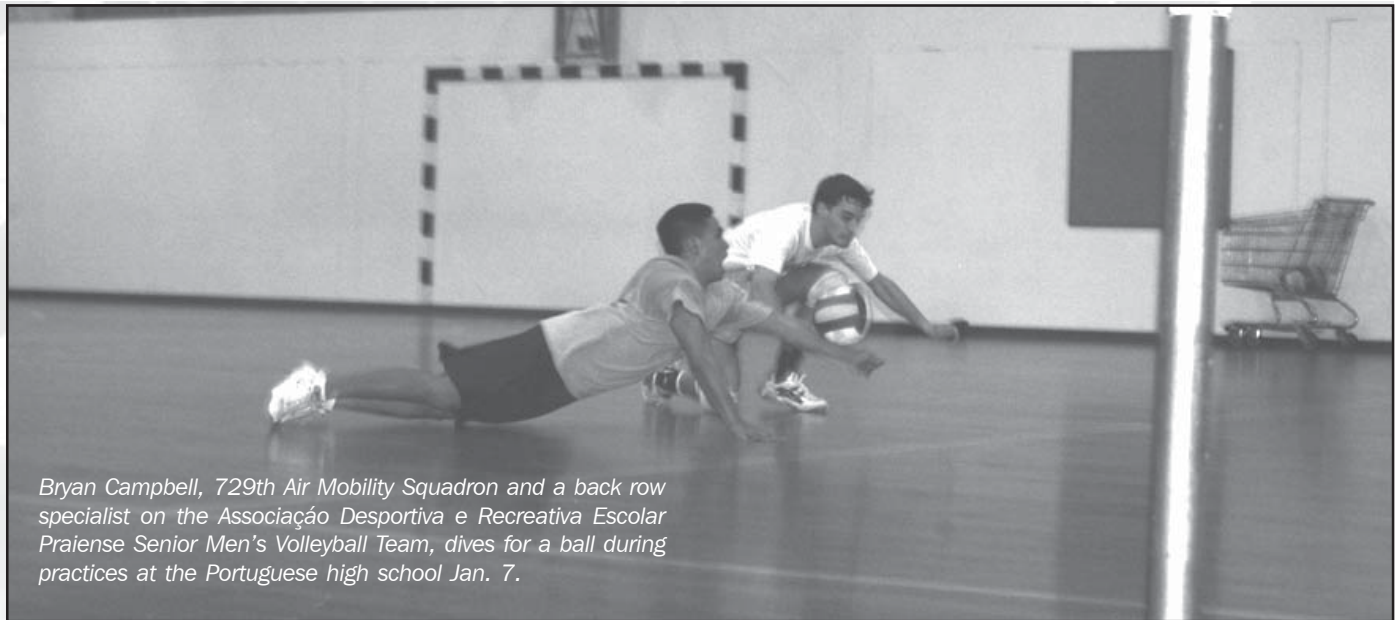
continental United States (CONUS). To calculate your CONUS COLA payment, use our COLA calculator at <http://www.military.com/Resources/ResourcesContent/0,13964,30962-0,00.html>

DoD announces new policy on prevention and response to sexual assault

The Department of Defense announced Jan. 4 that Under Secretary of Defense for Personnel and Readiness David S.C. Chu delivered the department's new sexual assault policy to Congress. The policy provides a foundation through which the department will improve prevention of sexual assault, significantly enhance support to victims and increase accountability. Over the past year, the department has been working collaboratively with the services, members of Congress, and national experts to address the crime of sexual assault within the armed forces. The Joint Task Force for Sexual Assault Prevention and Response was established in October 2004 as the single point of accountability for the department's sexual assault policy. Its initial task was to develop policy incorporating the criteria set forth in Public Law 108-375, the Ronald W. Reagan National Defense Authorization Act for fiscal 2005, which directed the department to have a sexual assault policy in place by Jan. 1, 2005. For more information, see http://www.military.com/NewsContent/0,13319,usn2_010405.00.html

Scholarship spotlight: commissioning program

The Airman Scholarship and Commissioning Program allows selected enlisted Air Force personnel to earn a bachelor's degree in approved majors by providing financial assistance for full-time college study. This program is open to active-duty enlisted members of the Air Force who have completed at least 1 year of continuous active duty and at least 1 year on station. Applicants normally must have completed at least 24 semester hours of graded college credit with a cumulative college GPA of 2.5 or higher. If they have not completed 24 hours of graded college credit, they must have an ACT score of 24 or higher or an SAT score of 1100 or higher. They must also have scores on the Air Force Officer Qualifying Test (AFOQT) of 15 or more on the verbal scale and 10 or more on the quantitative scale. All applicants must have been accepted at a college or university (including crosstown schools) offering the AFROTC 4-year program. To see the full scholarship posting, go to <http://www.military.com/Education/ScholarShip/Profile/1,14220,0937,00.html> To search over 1,000 other scholarships, go to <http://www.military.com/Education/ScholarShip/newsearch>



Bryan Campbell, 729th Air Mobility Squadron and a back row specialist on the Associação Desportiva e Recreativa Escolar Praiense Senior Men's Volleyball Team, dives for a ball during practices at the Portuguese high school Jan. 7.

Can You Dig It?

Americans join local Portuguese in Volei

**By 1st Lt. Aaron Wiley
Deputy Chief of Public Affairs.**

Hand signals and facial expressions are the main tools they use to communicate with their Portuguese teammates in a game of intense emotion and explosive action.

Shot after grueling shot, three American military members from Lajes join their Portuguese brothers in trying to dig their way out of a kill or block their opponents' attacks launched just inches away from their side of the net.

Fans at their games will witness bodies diving and jumping all over the Portuguese high school gymnasium's hardwood floor to keep a yellow and blue Misawa volleyball from being thrust to the floor on their side of the net.

While the game itself is exciting enough to captivate, the dynamics of communication between the players of the Associação Desportiva e Recreativa Escolar Praiense Senior Men's Volleyball Team has its own entertainment value.

Americans and Portuguese alike shout out commands to what seems like the ceiling as they run around looking skyward. All the while, their Portuguese-Canadian coach yells at them from court-side in Portuguese and English.

When a play goes wrong, Portuguese and American teammates display a rudimentary form of international volleyball sign language to communicate with each other.

"When we first started having them practice together it was interesting because both players would come up to me and ask me to translate, and my biggest

thing was communication," said Ricky Baptista, head coach of the ADREP Senior Men's Volleyball Team and the Microfit Contractor/Fitness Program assistant at the base's Health and Wellness Fitness Center here. "They had to communicate with each other and they're starting to do that a lot more with hand signals. The words may not always be there, but at least you get the idea of what they're saying and that's what we need: communication."

Baptista was recruited first as a player by ADREP three years ago when he played against them as a part of a 65th Air Base Wing team during base intramurals. This year he decided to hang up his playing shoes and coach the association's team instead.

"I said that I'd be willing to coach, which was interesting because none of them knew my background in coaching, so they thought that I was just playing around with them," Baptista said. "After the first couple of weeks they were like, 'you've done this before haven't you?' I said 'yea, I coached back in Canada.'"

Baptista is certified in Canada's National Coaching Certificate Program at level three for theory, worked with York University, where he went to school, as a student assistant coach for three years and then coached a high school team for two years. He is now enjoying his new role as head coach of the community volleyball association in Praia.

ADREP, and the association before them, has always had American players, and Baptista says he is fortunate to have three this year: Bryan Campbell, who plays as a back-row specialist and works at the 729th Airmobility Squadron; James

McDonald, who's a setter, an outside hitter and plays opposite and works at 729th AMS; and Joel Bolina, who plays as a setter and works at the 65th Civil Engineer Squadron.

Campbell is 5'7 and can practically jump out of the gym. He's never played organized ball before but has learned what to do under Baptista's tutelage. He said he was scared, nervous and anxious when he first came out to play with the Portuguese.

"In the beginning months of September to October, we were all quiet," he said. "Now, since we've been practicing with them three times a week, it's been getting intense. We're more together with the guys. We joke around, and even though we can't really understand each other, we still laugh and joke and know what's going on."

McDonald is at the other end of the experience spectrum. He's 40, and has played volleyball for 24 years beginning in 10th grade. He played for the University of Pittsburgh, various Air Force major command tournaments and represented the Air Force on the Air Force Volleyball team for six years against other Armed Forces teams. He's also a certified official for the sport and officiates for the girls and boys Junior Olympics, the USA Volleyball Open and non-collegiate and collegiate games.

McDonald has been practicing with the team for a while, but joined the team too late last year to play. This year he and his two American teammates hope to be going with his Portuguese teammates to São Miguel Feb. 24th for the regional tournament. If they win there, they'll go on to the mainland to compete in the Portuguese National Championship.



Ricky Baptista, head coach of the ADREP Senior Men's Volleyball team and the Microfit Contractor/Fitness Program assistant at the base's Health and Wellness Fitness Center here, yells at James McDonald, 729th Air Mobility Squadron who is a setter, an outside hitter and plays opposite on the ADREP team, during practice Jan. 7.

Either way, he says it's a blast to get out and play at a high level of intensity again.

"I'm 40; I've got to stay in shape. As they say, lead by example. I've got to stay out here, I've got to stay fit and I like playing the sport," he said. "I love teaching volleyball. I like getting out here and officiating and just being a part of the sport. It's done a lot for me in my career, traveling the world and playing, and I'm going to keep up with it."

Bolina played all four years in high school, two years at college and recreational beach volleyball in Southern California. He's also kept up his skills by playing on base teams, intramurals, and Nintendo and Playstation 2 games.

Bolina offered some advice to others who are interested in getting involved in Portuguese organized sports.

"I'd encourage others to grasp the opportunity," he said. "It's a great way to interact with the host nation outside of the military function."

Whether they go to the regional tournament or not, watching them play with their Portuguese teammates is a cheap but enjoyable way to spend an evening on the island. The games are free and anyone is allowed to attend.

Their next game is against Angra Volei Club, at 8 p.m. Sunday in the high school gym at the Francisco Ornelas da Câmara School in Praia.

If they make it to the regional tournament to represent the island of Terceira against other island teams like São Jorge, São Miguel and Pico, they'll have the support from their commanders, McDonald said.

"Now we're looking for some support from the base," he said. "There are two American women who play on the female team too: Sharon Washington and Angel Moxley, but not too many Americans will come off base to play in community sports out here."

Col. Barbara Jacobi, 65th Air Base Wing

commander, supports Lajes members who get involved in island programs and hopes others will get involved in the community so that Lajes' members will grasp her "One Island, One Family" concept.

"Sports are one thing people from different countries can do together, regardless of the language they speak," Colonel Jacobi said. "Don't let the language barrier here stop you from getting involved."

For more information on playing community and intramural sports, call Tony Batista at the Chace Fitness Center at 2-2426. For more information on the ADREP Senior Men's Volleyball team, call Ricky Baptista at 2-3889.



(Above) Bryan Campbell "gets up" to spike the ball during practice as Ricky Baptista admires his "hops." The players practice three times a week and play about two games a month.

(Below) James McDonald attempts to block a player from his team during a scrimmage Jan. 7. ADREPs next game is against Angra Volei Club, at 8 p.m. Sunday in the high school gym at the Francisco Ornelas da Câmara School in Praia. (Photos by 1st Lt. Aaron Wiley)





COMMENTARY

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident: that all men are created equal."

From the "I Have a Dream" speech,
delivered by Dr. Martin Luther King, Jr.,

These are the words spoken from a man who fought for the freedom of every man, woman and child, regardless of their age, gender, race or color.

On Aug. 28, 1963, at the Lincoln Memorial in Washington D.C., Dr. Martin Luther King, Jr., born Jan. 15, 1929, in Atlanta, Ga. to Alberta Williams King and Rev. Martin Luther King, Sr., gave that well-known speech to all of America - black and white.

Like our military, Dr. King was willing to give his life for a better America.

Throughout his lifetime, Dr. King played a vital role in achieving significant gains for humanity. From the desegregation of schools and other public facilities, to the acceleration of civil rights as a government priority, his peace mission was a success.

In 1964, at the age of 35, Dr. King was awarded a Nobel Peace Prize for his accomplishments. He hoped that someday racism might be replaced with love and respect for human rights.

Black Americans needed him, but most of all America needed him.

The qualities of this man cannot be underestimated or taken for granted. Without Dr. King America wouldn't be where it is today - he saved America from many wrongs. His non-violent protest against injustice was the right prescription for our country, and it was right on time. Dr. King provided hope for many black Americans and he provided this nation with a road map to freedom and justice for all.

During his lifetime, Dr. King wanted to find a common ground where people from all walks of life could join together to



ON FREEDOM (1963): "So let freedom ring. From the prodigious hilltops of New Hampshire, let freedom ring. From the mighty mountains of New York, let freedom ring. From the heightening Alleghenies of Pennsylvania, let freedom ring. But not only that; let freedom ring from Stone Mountain of Georgia. Let freedom ring from every hill and molehill of Mississippi. And when this happens, when we let it ring, we will speed that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: Free at last, free at last/Thank God Almighty, we're free at last." (Courtesy photo)

address important community issues and work alongside individuals of all ages, races and backgrounds. Dr. King encouraged Americans to come together to strengthen communities, alleviate poverty and

acknowledge dignity and respect for all human beings.

Unfortunately Dr. King's life ended April 4, 1968 at the age of 39 when he was assassinated in Memphis, Tenn.

While many words of honor were spoken at his funeral April 9, none were as touching as the ones Dr. King spoke himself on a tape played from his last sermon at his church.

He said, "If any of you are around when I meet my day, I don't want a long funeral. If you get somebody to talk, tell him not to talk too long. Tell him not to mention that I have a Nobel Peace Prize. That isn't important. I'd like someone to mention that day that Martin Luther King, Jr., tried to give his life serving others . . . I want you to be able to say that day that I did try to feed the hungry. I did try in my life to clothe the naked. I did try in my life to visit those who were in prison. And I want you to say that I tried to love and serve humanity."

Monday, people across America and, in our case, on this little island in the Azores, will celebrate an American national holiday honoring the life and work of Dr. Martin Luther King, Jr. Together, we will remember Dr. King's legacy of tolerance, peace and equality. Remember to take some time and pay your respects to a man well-deserving of a national holiday. Monday not just a day off, but a chance to honor a man who helped change America for the better. Like he said, remember him for loving and serving humanity.

Editorial by Staff Sgt. Olenda Kleffner, Crossroads editor

Family day off

Question: I was wondering if you would be able to define what a Family Day is. I am a parent/employee who has to work in a facility that stays open on Family Days. I don't understand why children are still being brought to our facility for care on a family day? Some children are even left here for ten hours which is the maximum times they can be here. I understand parents have other things going on in their lives like school but we would like the opportunity to do the same. Thanks for your time.

Answer: The child development center is closed only on Federal holidays. There is no difference between a USAFE Family Day and a Goal Day except that the wing has to earn the Goal Day by achieving certain metrics. On Family Days and Goal Days the CDC is open so they can serve the parents that have to work—a service they provide. Lajes Field supports airfield operations and military missions 24/7, even on Family Days and Goal Days. Many people have to work on these days, including security forces, firefighters, airfield operations, communications, some Services

personnel and many more. The CDC posts a sign-up list so they can predict how many children will be attending. Then they staff for the demand and allow some of the staff to take leave. If parents choose to use the CDC on a Family Day, it's up to them. While this means some CDC employees must work, it's part of the "service before self" requirement of being a services employee. This is what makes our 65th Services Squadron so special and why we appreciate what you do so much. Thanks for all you do every day!



The Action Line is your means of addressing a problem, concern or challenge to me about something in the 65th Air Base Wing or U.S. Forces Azores. However, your chain of command should always be your first option. When that's not the answer, then call the Action Line at 2-4240 and I'll address it quickly and with care. Thank you!
Col. Barbara Jacobs
65th Air Base Wing commander

Is there a requirement for Americans to have a fishing license to fish on the shore or on a boat for personal recreation?

Answer: Americans don't need any type of fishing license to fish on the shore or on a boat for personal recreation. However, they will need a license to operate the boat even if it's inside Praia bay. Also, people are not allowed to catch any fish when they are scuba diving, but they can catch fish while snorkeling. Scuba diving is just to observe underwater wonders.

Is there any real story behind AWOL rock and how far is it from the island?

Answer: The rock, which is commonly known to the Americans stationed at Lajes Field as "AWOL Rock," is located just off the coast behind Beira Mar housing. Its real name is "Ilhéu do Norte" or North Islet.

The rock is about 3,776 feet from Terceira and has an area of 1,080 square feet and a height of 62 feet. The average depth between Terceira and the islet is 75-98 feet.

There's a story about this rock that was supposedly told by the U.S. Navy members

when they were stationed here in the 1970s and 1980s. They used to joke that if one wanted to go AWOL all one needed to do was swim to the rock since it was the nearest location off island.

Although it is just a lava rock that was probably formed when the island emerged, or at a later date during a volcanic eruption, it can offer spectacular views especially in the winter time when the ocean is rough and the white foam waves jump high over it.



Class explains federal jobs

By Lauren Jackson
Family Support Center Inbound Team Leader

The U.S. Federal Government is hiring, and the family support center is here to help separating or retiring military people or their families learn how to become a government employee.

The Federal Job Hunting and Federal Resume Building classes, both held monthly at the FSC, offer information on how and where to get job announcements – how to understand job descriptions – and how to format Federal resumes, both online and paper. The classes also offer key information about knowledge, skills and abilities.

"I've attended both classes and I can't believe how wonderful my resume looks," said Nancy Lewis, wife of Master Sgt. Frank Lewis, 65th Communications Squadron. "Reading and understanding a job announcement was a chore, but after taking the class and learning the 'Federal language,' reading an announcement is now a breeze."

Currently, the Federal government has more than four million positions in general schedule, postal, wage grade, senior executive service and non appropriated fund services. It's estimated that more than 250,000 jobs open up annually, and the government offers a variety of benefits, educational opportunities and training to its employees.

"I'm transitioning from the military to the civilian world and I want a job that's comparable to my military expertise," said Staff Sgt. Billy Nickell, 729th Air Mobility Squadron crew chief. "Now that I know how to job search, I've found a lot of opportunities in my career field to build on my experience."

A drawing to win a copy of "The Jobseeker's Guide to a Federal Job" is held at each class. The book has many sample resumes, profiles, application instructions and information on submission processes. The FSC computer lab is open from 8 a.m.-5 p.m. for job searching and resume building and a binder containing information on local and federal websites, forms, vacancy announcements and pay scales if available. For more information, call the FSC at 2-4138.

Home school resources available at Lajes

Nadia Najdawi
Contributing writer

Providing many educational resources, such as DoD Dependent Schools, is one area in which the Air Force prides itself in and Lajes Field is no exception.

In addition to the schools, families have the opportunity to provide education in the home. To help those families who choose to home-school, there are some resources available for parents through on-line courses as well as within the community.

There are many successful home-schooling programs available on-line that offer packages for each grade the student is currently in, or programs and classes that can be taken online. Pensacola University in Florida offers the Abeka program, which provides materials and

packages for an entire year. Alpha Omega is another organization that provides online schooling and is user friendly.

Michelle Yates, a home-schooling mother for ten years said, "There are many advantages to home-schooling children. Moving around in a military family, the kids don't have as much of a difficult transition to make. It allows our family to have a more flexible schedule."

Students who are home-schooled are still able to participate in any classes, extra-curricular activities, sports, and clubs. Junior Bethany Yates said, "I have more one-on-one time, and I'm still able to go to school to take my art and Spanish classes, but I still have a flexible schedule."

In addition to the online resources, the elementary and high school classes that might not be accessible for home-schooled students include host nation, art, music,

band, foreign languages, technology classes, as well as all high school sports.

"Most of those online resources put out by universities are from a Christian curriculum, which isn't always available overseas or at different bases," Mrs. Yates said. "It also allows me to spend a lot of quality one on one time with my kids."

Information about starting the home-schooling program is available from online resources, as well as families on the base.

"There are 10 families participating in the home-schooling program on base, and they are available for information," Mrs. Yates said. "Because families move close to every two years, it's hard to maintain a strong support group, so it would be nice to be able to group together again."

For more information about home-schooling call the Family Support Center at 2-4138.

Sports briefs

Fitness events take place at the Chace Fitness Center unless otherwise noted.

Strong-arm

A bench press competition for ages 18 and up is at 11 a.m. Saturday. There are two lifts for each weight and weight classes for men and women.

Keep going

An endurance competition is at 9 a.m. Jan. 28 for ages 18 and up. Co-ed teams consist of three people. Register by Jan. 18. For more information on the competitions, call Staff Sgt. Eric Ross at 2-6126.

Volunteers needed

Volunteer coaches are needed for the youth basketball and cheerleading season as soon as possible. For more information, call the youth center at 2-1197.

Spin class



Deborah Bergmark and Tracy Burke, 65th Contracting Squadron, participate in the spin class at the Chace Fitness Center Jan. 7. The fitness center is now offering spin class at 6:15 p.m. Mon., 6 a.m. Tue. & Thu., noon Tue. & Fri. and 9 a.m. Sat. People can call 24 hours in advance to reserve a spot. For more information call Tech. Sgt. Mary Davis at 2-5151 or Staff Sgt. Eric Ross at 2-6126. (Photo by Staff Sgt. Michelle Michaud)

Mandatory PT uniforms

Coming to an AF base near you

Nadia Najdawi
Contributing writer

After being delivered to Southwest Asia in November, the new physical training uniforms are making their way to all Air Force bases. The uniforms are required to be worn by all military personnel.

"The new PT uniforms provide Airmen a standardized uniform for workouts that is also reflective for protection," said to Senior Master Sgt. Jacqueline Dean the Air Force Uniform board Superintendent.

The uniforms can include any combination of the following items: jacket, t-shirt, shorts, pants and long-sleeve shirt. PT uniforms are not allowed to be worn with any civilian clothing.

The newly-issued uniforms will consist of a t-shirt, pair of shorts and two piece nylon running suit and will cost \$125. Enlisted Airmen will receive a pay increase in their yearly clothing allowance to provide for the uniforms. Members who are in Basic Military Training will be issued the

uniforms, and officers will be required to purchase them with their own funds.

The gear will be for sale in military clothing stores, as soon as possible.

"We are hoping to start seeing some of the PT uniforms stateside in the January or February timeframe," Sergeant Dean said. "For now, the distribution plan revolves around those on deployment."

Sergeant Dean said there is not yet an official mandatory wear date for the uniform. When Air Force officials do set the date, Airmen will be required to maintain a complete uniform in much the same way they do their battle dress uniforms and blues.

The wear policy for the new uniforms consists of the following.

- Shirt: Short sleeve or long sleeve AF style shirt must be worn tucked into shorts.
- Jacket: Will be at least half zipped and the hood will be stored when not in use.
- Pants: Will be zipped at legs
- Spandex shorts and leggings (navy blue or black): May be worn under PT

shorts (full length leggings may be worn during cold weather periods.)

-White socks: Ankle or calf length. Small conservative trademark logos may be worn on socks.

-Shoes: Must be a conservative color

-Hats: Not required when in PT uniform, the wear of organizational hats is optional.

-Saluting: Not required when performing PT activities, but is required when meeting individuals displaying appropriate rank and not performing PT activities, regardless of uniform type.

-Hair: Must be neat and is not allowed to hang loose below the collar; it will be tied back.

-Reflective belts: Wear is at the discretion of the squadron commander.

-Body art (tattoos) standards apply

-Jewelry: Wear will follow normal uniform wear rules, with safety in mind.

-The wear policy in the AOR will be at the discretion of the theater commander.

For more information contact Capt. Laurie Flagg at 2-3889.

